What is claimed is:

1. A dosing regimen of erythropoietin for promoting recovery after an ischemic event comprising administering to a subject in need a therapeutically effective amount of EPO, wherein a first dose of EPO is delivered within about 8 to about 26 hours after the ischemic event followed by a second dose of EPO delivered within about 8 to about 26 hours after the first dose.

2. The dosing regimen of claim 1, wherein the first dose of EPO is delivered about 24 hours after the ischemic event.

3. The dosing regimen of claim 2, wherein the second dose is delivered at about 24 hours after the first dose.

4. The dosing regimen of claim 1, further comprising administering to the subject a third dose of EPO delivered within about 20 hours to about 60 hours after the ischemic event.

5. The dosing regimen of claim 4, wherein the third dose of EPO is delivered within about 8 to 24 hours after the second dose.

6. The dosing regimen of claim 1 wherein at least one dose of EPO is delivered by a subcutaneous, intramuscular, intravenous, or intra-peritoneal route of administration.

7. The dosing regimen of claim 1 wherein each EPO dosage delivered is selected from about 500 IU/kg to about 10000 IU/kg.

8. The dosing regimen of claim 7, wherein each EPO dosage delivered is selected from about 2500 IU/kg to about 5000 IU/kg.

9. The dosing regimen of claim 7, wherein each EPO dosage delivered is about 2500 IU/kg.

10. The dosing regimen of claim 1 wherein the ischemic event is a stroke.

11. The dosing regimen of claim 10, wherein at least one EPO dosage delivered is about 2500 IU/kg.

12. The dosing regimen of claim 11, wherein each EPO dosage delivered is about 2500 IU/kg.

13. The dosing regimen of claim 1 wherein the erythropoietin is a long-acting EPO.

14. A method for treating a subject having an ischemic event comprising administering to said subject a therapeutically effective amount of EPO, wherein a first dose of EPO is delivered within about 8 to about 26 hours after the ischemic event followed by a second dose of EPO delivered within about 8 to about 26 hours after the first dose.

15. The method of claim 14, wherein the first dose of EPO is delivered about 24 hours after the ischemic event.

16. The method of claim 15, wherein the second dose is delivered at about 24 hours after the first dose.

17. The method of claim 14, further comprising administering to the subject a third dose of EPO delivered within about 20 hours to about 60 hours after the ischemic event.

18. The method of claim 16, wherein the third dose of EPO is delivered within about 8 to 24 hours after the second dose.

19. The method of claim 14, wherein each dose of EPO comprises a subcutaneous, intramuscular, intravenous, or intra-peritoneal injection of EPO.

20. The method of claim 14, wherein each EPO dosage delivered is selected from about 500 IU/kg to about 10000 IU/kg.

21. The method of claim 20, wherein each EPO dosage delivered is selected from about 2500 IU/kg to about 5000 IU/kg.

22. The method of claim 21, wherein each EPO dosage delivered is about 2500 IU/kg.

23. The method of claim 14, wherein the ischemic event is a stroke.

24. The method of claim 23, wherein at least one EPO dosage delivered is about 2500 IU/kg.

25. A method for promoting functional recovery in a subject after an ischemic event comprising administering to said subject a therapeutically effective amount of EPO, wherein a first dose of EPO is delivered within about 8 to about 26 hours after the ischemic event followed by a second dose of EPO delivered within about 8 to about 26 hours after the first dose.

26. The method of claim 25, wherein the first dose of EPO is delivered about 24 hours after the ischemic event.

27. The method of claim 26, wherein the second dose is delivered at about 24 hours after the first dose.

28. The method of claim 25, further comprising administering to the subject a third dose of EPO delivered within about 20 hours to about 60 hours after the ischemic event.

29. The method of claim 28, wherein the third dose of EPO is delivered within about 8 to 24 hours after the second dose.

30. The method of claim 25, wherein each dose of EPO comprises a subcutaneous, intramuscular, intravenous, or intra-peritoneal injection of EPO.

31. The method of claim 25, wherein each EPO dosage delivered is selected from about 500 IU/kg to about 10000 IU/kg.

32. The method of claim 31, wherein each EPO dosage delivered is selected from about 2500 IU/kg to about 5000 IU/kg.

33. The method of claim 32, wherein each EPO dosage delivered is about 2500 IU/kg.

34. The method of claim 25, wherein the ischemic event is a stroke.

35. The method of claim 34, wherein at least one EPO dosage delivered is about 2500 IU/kg.

36. The method of claim 35, wherein each EPO dosage delivered is about 2500 IU/kg.

37. A method for reducing infarct size in a subject having received an initial exposure to EPO within 6 hours of an ischemic event comprising administering to said subject an amount of EPO between about 1500 IU/kg to about 4500 IU/kg per dose, wherein a first dose of EPO following the initial exposure to EPO is

delivered within about 8 to about 26 hours after the initial exposure to EPO followed by a second dose of EPO delivered within about 8 to about 26 hours after the first dose.

38. The method of claim 37, wherein the first dose of EPO is delivered about 24 hours after the ischemic event.

39. The method of claim 38, wherein the second dose is delivered at about 24 hours after the first dose.

40. The method of claim 37, further comprising administering to the subject a third dose of EPO delivered within about 20 hours to about 60 hours after the ischemic event.

41. The method of claim 40, wherein the third dose of EPO is delivered within about 8 to 24 hours after the second dose.

42. The method of claim 37, wherein each dose of EPO comprises a subcutaneous, intramuscular, intravenous, or intra-peritoneal injection of EPO.

43. The method of claim 37, wherein each EPO dosage delivered is selected from about 1800 IU/kg to about 4000 IU/kg.

44. The method of claim 43, wherein each EPO dosage delivered is selected from about 2000 IU/kg to about 3000 IU/kg.

45. The method of claim 44, wherein each EPO dosage delivered is about 2500 IU/kg.

46. The method of claim 37, wherein the ischemic event is a stroke.

47. The method of claim 46, wherein at least one EPO dosage delivered is about 2500 IU/kg.

48. The method of claim 47, wherein each EPO dosage delivered is about 2500 IU/kg.

49. A method for inhibiting apoptosis or inflammation in CNS in a subject after an ischemic event comprising administering to said subject a therapeutically effective amount of EPO, wherein a first dose of EPO is delivered within about 8 to about 26 hours after the ischemic event followed by a second dose of EPO delivered within about 8 to about 26 hours after the first dose.

50. The method of claim 49, wherein the first dose of EPO is delivered about 24 hours after the ischemic event.

51. The method of claim 50, wherein the second dose is delivered at about 24 hours after the first dose.

52. The method of claim 51, further comprising administering to the subject a third dose of EPO delivered within about 20 hours to about 60 hours after the ischemic event.

53. The method of claim 52, wherein the third dose of EPO is delivered within about 8 to 24 hours after the second dose.

54. The method of claim 49, wherein each dose of EPO comprises a subcutaneous, intramuscular, intravenous, or intra-peritoneal injection of EPO.

55. The method of claim 49, wherein each EPO dosage delivered is about 2500 IU/kg.

56. The method of claim 49, wherein the ischemic event is a stroke.

57. The method of claim 56, wherein at least one EPO dosage delivered is about 2500 IU/kg.

58. The method of claim 57, wherein each EPO dosage delivered is about 2500 IU/kg.